

Affect dynamics : a focus on genes, stress, and an opportunity for change

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Affect dynamics: a focus on genes, stress, and an opportunity for change

Claudia Menne-Lothmann, 29 januari 2015

- 1 Daily life reward experience and positive emotions can thrive in individuals irrespective of their genetic variation. (this thesis)
- 2 Benign interpretation bias modification training is particularly effective if individuals are instructed to use their imagination during the training. (this thesis)
- 3 The current findings on interpretation bias modification training suggest that making training with particular characteristics broadly and – ideally – freely available may effectively reduce negative interpretation biases in the population. (this thesis – valorization)
- 4 Experimental exposure to slightly negative digital peer evaluations regarding appearance, intelligence, and congeniality is stressful as indicated by explicit, implicit, and biological stress-measures. (this thesis)
- 5 Subtle dynamics of affective processes as occurring in daily life are more informative for future outcome of depressive symptoms than the Hamilton Depression Rating Scale. (this thesis)
- 6 If daily life stress sensitivity and reward sensitivity are different entities, two separate targets for intervention suggest themselves.
- 7 Positive emotions trigger upward spirals toward emotional well-being. (Fredrickson & Joiner)
- 8 I know that there is nothing better for people than to be happy and to do good while they live. (Ecclesiastes 3:12, The Bible)
- 9 Man muss sich durch die kleinen Gedanken, die einen ärgern, immer wieder hindurchfinden zu den großen Gedanken, die einen stärken. (Dietrich Bonhoeffer)